

MULTIMEDIA



UNIVERSITY®

STUDENT ID NO

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MULTIMEDIA UNIVERSITY

FINAL EXAMINATION

TRIMESTER 1, 2017/2018

PSE 0025 – SOCIAL AND EMOTIONAL HEALTH
(All sections)

14 OCTOBER 2017
9.00 a.m. – 11.00 a.m.
(2 Hours)

INSTRUCTIONS TO STUDENTS

1. This question paper consists of **TWO** pages.
2. Answer **ALL** questions.
3. Write your answers in the Answer Booklet.

SUBJECTIVE QUESTIONS [50 MARKS]

Instruction: Answer **ALL** questions in this section. Detail elaboration is required.
Write your answers in the Answer Booklet.

Question 1

Social support system is vital to one's life as it promotes greater self-esteem and minimizes the chance of depression.

a. Define social network. (1 mark)

b. Explain the **THREE (3)** aspects on how social relationships are related to health. (9 marks)

(10 marks)

Question 2

Vygotsky's social constructivism focuses on the connection between people and sociocultural context where they act and interact in shared experience. According to this theory, humans use tools from one's such as speech and writing to mediate their social environments.

Explain the concepts of More Knowledgeable Other (MKO) and the Zone of Proximal Development (ZPD). Provide **TWO (2)** examples for each theme.

(10 marks)

Question 3

Emotional competence is the functional capacity where humans are able to reach goals after emotion-eliciting encounter.

Explain **FIVE (5)** out of six emotional competence developmental sequence.

(10 marks)

Question 4

University students are expected to be able to identify and face stressors in life.

Explain environmental stressors and psychological stressors.

(10 marks)

Continued...

Question 5

Emotional self-regulation describes the mental and behavioural processes by which people influence their own feelings.

Suggest **FIVE (5)** positive emotional self-regulation strategies.

(10 marks)

End of Paper